

1:00 PM TO 3:00 PM

Coordinator:
Kathy Haynes



THE WORLD OF FOOD: Explore the world of food and discover why you eat what you eat. It is not simply because certain foods taste good and you are hungry. Your upbringing (your mother said to eat it!), culture, religion, geographical location and education all play a part. We will look at how your health, the earth's environment and food sources are affected by your daily eating habits. Classes will include guest speakers, documentaries, along with food demonstrations & samplings.